

# LITTLE STRETTON TO STIPERSTONES TIME TRIAL

## RESULTS - 26<sup>TH</sup> NOVEMBER 2006

### PAST WINNERS CONTINUE TO DOMINATE

#### SUB 60 MINUTES NEARLY COMMONPLACE!

Whilst the title goes for the third time to Rob Baker of Dark Peak Fell Runners, it was the brothers Davies – both past title holders but running as a pair for the first time, who recorded the day's fastest time.

The hour was beaten several times despite less than favourable conditions under-foot.

		<i>Club</i>	<i>Start</i>	<i>Finish</i>	<i>Time</i>	<i>Class</i>
1	Tim Davies & Andrew Davies	Mercia FR x 2	11:05:00	12:02:32	00:57:32	R1
2	Rob Baker	Dark Peak FR	11:05:00	12:03:42	00:58:42	A1
3	Pete Vale & Tom Owens	Mercia FR x 2	11:26:00	12:25:35	00:59:35	R2
4	Andrew Lister	Trafford AC	10:59:00	12:03:15	01:04:15	A2
5	Ian Hughes	Shrewsbury AC	10:30:00	11:34:51	01:04:51	A3
6	Ed Davies & Roland Stafford	Mercia FR x 2	11:00:00	12:06:45	01:06:45	R3
7	Andy Davies	Mercia FR	10:42:00	11:49:38	01:07:38	B1
8	Mark Bollom	Mercia FR	10:52:00	12:00:14	01:08:14	A4
9	Andrew Yapp	Mercia FR	11:33:00	12:42:30	01:09:30	B2
10	Richard Roberts & Anna Bartlett	Eryri Harrs & Shrewsbury AC	10:30:00	11:43:28	01:13:28	T1
11	Simon Bowen	Shrewsbury AC	10:12:00	11:27:25	01:15:25	A5
12	Graham Spencer	Mercia FR	10:14:00	11:30:42	01:16:42	C1
13	Russell Mapp	Ludlow Runners	11:01:00	12:18:13	01:17:13	B3
14	Gavin Stewart	Mercia FR	11:27:00	12:44:22	01:17:22	A6
15	Bob Couth	Mercia FR	10:48:00	12:05:44	01:17:44	B4
16	Darren Ellis	Ludlow Runners	09:44:00	11:02:06	01:18:06	A7
17	Andy Clough	Wrekin O	10:15:00	11:33:16	01:18:16	B5
18	Lawrie Jones	Wrekin O	11:23:00	12:41:24	01:18:24	C2
19	Mark Agnew	Mercia FR	09:36:00	10:54:46	01:18:46	B6
20	Steve Turk & Grahame Hughes	Shrewsbury AC & Mercia FR	11:25:00	12:45:31	01:20:31	R4
21	Graham Cowley & Julie Cowley	Mercia FR x 2	09:40:00	11:01:46	01:21:46	T2
22	Derek Owen	Shrewsbury AC	10:00:00	11:24:34	01:24:34	C3
23	Alan Morris	Shropshire Shuffs	09:50:00	11:14:36	01:24:36	D1
24	Peter Johnson	Ind	09:46:00	11:10:40	01:24:40	C4
25	Michael Jones	Shrewsbury AC	10:08:00	11:33:02	01:25:02	B7
26	Stephen Bajic	Telford Harrs	09:53:00	11:18:24	01:25:24	B8
27	Juan Cortillo	Shrewsbury AC	11:32:00	12:57:24	01:25:24	A8
28	Richard Pay	Wrekin O	11:22:00	12:47:33	01:25:33	B9
29	Peter Booth	Shropshire Shuffs	10:11:00	11:36:45	01:25:45	C5
30	Jenny York	Shropshire Shuffs	09:54:00	11:19:59	01:25:59	G1
31	Val Swingler	Shropshire Shuffs	09:52:00	11:18:02	01:26:02	F1
32	Andrew Spreadborough	Ludlow Runners	09:34:00	11:00:19	01:26:19	B10
33	Dave Woodvine & Pete Beddoes	Shropshire Shufs & Ind	10:11:00	11:38:14	01:27:14	R5
34	Rick Robson	Mercia FR	10:03:00	11:30:39	01:27:39	C6
35	Geoff Keenan & Mark Keast	Sidmouth RC x 2	11:04:00	12:31:43	01:27:43	R6
36	Paul Sanderson & Andy Smith	Telford AC x 2	09:56:00	11:23:47	01:27:47	R7
37	Mike Streetly	Cuthbert	10:32:00	12:00:00	01:28:00	B11
38	C Myles	Shropshire Shuffs	10:02:00	11:30:08	01:28:08	B12
39	Robert Tedcastle & Graham Parton	Shrewsbury AC x 2	10:09:00	11:37:42	01:28:42	R8
40	Eddie Austrums & Leena Sankey	Mercia FR & Ind	10:00:00	11:29:28	01:29:28	T3
41	Oli Cox & Jules Toone	Ind x 2	09:50:00	11:19:31	01:29:31	T4
42	Jamie Drummond	Shrewsbury AC	10:28:00	11:58:39	01:30:39	A9
43	Barbara Ward & Alison Tickner	Oswestry Olymp x 2	10:01:00	11:32:30	01:31:30	S1
44	Terry Davies	Ludlow Runners	10:16:00	11:48:09	01:32:09	C7
45	Jonathan Ollier	Shropshire Shuffs	09:56:00	11:28:51	01:32:51	A10
46	Martin Godwin	Ind	11:09:00	12:42:06	01:33:06	B13
47	Peter Cooke & John Yandell	Ind & Mercia FR	09:39:00	11:12:17	01:33:17	R9
48	John Clemens	Mercia FR	10:01:00	11:34:47	01:33:47	D2
49	Tony Callow	Wrekin O	09:48:00	11:21:58	01:33:58	B14
50	Andrew Hearle & Greg Hearle	Mercia FR & Ind	10:12:00	11:46:15	01:34:15	R10
51	Dave Mantle	Mercia FR	10:20:00	11:54:23	01:34:23	C8
52	Arthur Clare-Hay	Mercia FR	10:13:00	11:47:36	01:34:36	D3
53	Dave Nichols	Mercia FR	10:50:00	12:25:07	01:35:07	C9
54	Tony Thompson	Mercia FR	11:00:00	12:35:55	01:35:55	D4
55	Alex Rankin	Shropshire Shuffs	10:36:00	12:12:15	01:36:15	B15
56	Tam Parry	Ranelagh Harrs	10:31:00	12:07:20	01:36:20	A11
57	Sally Mawhinney	Ind	10:22:00	11:58:31	01:36:31	F2
58	Grace Chillingworth & Alastair Drummond	Shrewsbury AC x 2	10:43:00	12:20:40	01:37:40	T5
59	Richard Paddock	Shropshire Shuffs	09:47:00	11:25:24	01:38:24	B16
60	Rachel Parker & Tim Parker	Ind & Mercia FR	09:43:00	11:22:21	01:39:21	T6
61	J Cooke & L Cooke	Ind x 2	09:55:00	11:37:13	01:42:13	T7

A=Senior Man; B=Vet o40 Man; C=Vet o50 Man; D=Vet o60 Man  
 E=Senior Woman; F=Vet o35 Woman; G=Vet o45 Woman; H=Vet o55 Woman  
 R=Men Pair; S=Women Pair; T=Mixed Pair

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	<i>Club</i>	<i>Start</i>	<i>Finish</i>	<i>Time</i>	<i>Class</i>	
62	David Cooke & Davina Cooke	Mercia FR x 2	09:59:00	11:41:22	01:42:22	T8
63	Michael Taylor & Dave Pritchard	Newport & Dist & Wrekin O	09:38:00	11:22:06	01:44:06	R11
64	Tony Wright & Mark Donnelly	Shropshire Shuffs x 2	09:37:00	11:21:30	01:44:30	R12
65	Julie Wyant & Richard Gilbert	FRA & WFRA	11:30:00	13:14:37	01:44:37	T9
66	Graham Hardy	Wrekin O	09:51:00	11:35:45	01:44:45	D5
67	John Tearle & Julie Williams	Ind x 2	10:40:00	12:24:51	01:44:51	T10
68	Adrian Humphries	Ind	09:55:00	11:40:29	01:45:29	C10
69	Maria Spurling	Shropshire Shuffs	09:27:00	11:13:05	01:46:05	E1
70	Julia Leventon & Clare Leventon	Trafford AC & South Yorks O	10:50:00	12:36:11	01:46:11	S2
71	Sandy Mackenzie & Mark Deighton	Newport & Dist x 2	09:25:00	11:11:17	01:46:17	R13
72	Gill Middlewick & Jon Thompson	Ind x 2	10:14:00	12:00:57	01:46:57	T11
73	A Curnhey	Ind	10:17:00	12:04:09	01:47:09	B17
74	Matt Bond	Sale Harrs	10:55:00	12:42:33	01:47:33	A12
75	Clive Richardson & Sharon Richardson	Wrekin O x 2	11:06:00	12:53:46	01:47:46	T12
76	Jackie Sayer & Lisa Garside	Ind x 2	10:18:00	12:06:08	01:48:08	S3
77	Jean Turner & Grace Hough	Telford Harrs x 2	09:58:00	11:47:38	01:49:38	S4
78	Margaret Priestley	Ind	09:30:00	11:20:42	01:50:42	H1
79	Alex Pryde	Ind	10:09:00	12:01:37	01:52:37	A13
80	Phil Clarke & Emma Clarke	Ludlow Runers x 2	10:10:00	12:04:07	01:54:07	T13
81	Chris Wood	Shropshire Shuffs	11:03:00	12:58:14	01:55:14	C11
82	Chris Bowen	Ind	10:07:00	12:02:30	01:55:30	D6
83	Paula Hearle & Holly Hearle	Ind x 2	10:15:00	12:10:52	01:55:52	S5
84	Mike Pierpoint & Jon Carter	LDWA x 2	09:00:00	10:56:29	01:56:29	R14
85	William Priestley	Ind	09:25:00	11:25:12	02:00:12	C12
86	Amanda Pearce	Mercia FR	10:18:00	12:18:21	02:00:21	G2
87	Les Smith	Riversiders	10:19:00	12:19:50	02:00:50	C13
88	Stephanie Mackey & Graham James	Ind & Mercia FR	10:02:00	12:03:14	02:01:14	T14
89	Dianne Spencer & Sharon Davies	Mercia FR x 2	09:30:00	11:33:32	02:03:32	S6
90	Chris Dawes	LDWA	10:06:00	12:10:56	02:04:56	D7
91	Tony Wilkinson & James Wilkinson	Two Wheels Cycles x 2	09:48:00	11:53:48	02:05:48	R15
92	M Newton-Mason & R Newton-Mason	Two Wheels Cycles x 2	09:47:00	11:53:47	02:06:47	R16
93	Tom Chiro & Martin Morris	Two Wheels Cycles x 2	09:46:00	11:53:43	02:07:43	R17
94	Andy Collins & Paul Jennings	Two Wheels Cycles x 2	09:49:00	11:56:54	02:07:54	R18
95	Phill Bytheway	Two Wheels Cycles	09:45:00	11:53:45	02:08:45	B18
96	Pete Vandome & Steve Westwood	Two Wheels Cycles x 2	09:45:00	11:53:53	02:08:53	R19
97	Jean Bollom & Seamus McCann	Shrewsbury MC x 2	09:51:00	12:01:37	02:10:37	T15
98	? Sheldrake	Ind	09:37:00	11:51:34	02:14:34	D8
99	Richard Bishop	Shropshire Shuffs	09:28:00	11:44:14	02:16:14	C14
100	Roger Drummond	Shrewsbury AC	10:33:00	12:49:55	02:16:55	D9
101	Chris Roberts	High Sports	09:26:00	11:44:03	02:18:03	B19
102	John Clarke	Ind	10:10:00	12:30:27	02:20:27	B20
103	Nick Kingston & Rachel Kingston	Mercia FR & Ind	09:28:00	11:51:53	02:23:53	T16
104	Julia King Keast	Sidmouth RC	11:02:00	13:26:14	02:24:14	G3
105	John Sproson & Geoff Sproson	Mercia FR & Ind	09:41:00	12:11:50	02:30:50	R20
106	Roger Lamb and Angus Lamb	Mercia FR x 2	10:44:00	13:23:18	02:39:18	R21
107	Pauline Richards	Mercia FR	09:29:00	12:11:21	02:42:21	H2
108	Angie Walshaw & Ian Davies	Ind x 2	09:29:00	12:37:24	03:08:24	T17
109	D&M Jones & M Edwards	Ind x 3	09:44:00	13:41:52	03:57:52	T18
110	Gordon Trevor & Hugh Palmer	Shrewsbury AC & Ind	09:42:00	13:42:37	04:00:37	R22
	Tony Crook & Chris Jiggins	Ind x 2	10:35:00	Ret	Ret	T19
	Phil Harris & Bike	Mercia FR	11:35:00	12:57:48	01:22:48	Z1

**RACE NOTES:** Several remarkable performances were achieved at the elite end of the field:

- The hour barrier was broken by only the second solo competitor in the history of the event!
- For the first time ever a pair has managed to complete the crossing faster than the solo competitors – and in under the hour!
- The second pair to finish also did so in under an hour!
- The fastest time for a mixed pair was smashed by more than 4 minutes!

Perhaps it's no surprise that the winning pair was Tim and Andrew Davies – Tim currently holding the solo record, Andrew having last year set a pair's record (with Jamie Loxham) and each having won the event and held the record on more than one occasion. Their time removed more than 5 minutes from the pair's record and it is interesting now to speculate on whether a pair can go faster than the solo record.

Whilst the pair's result is unprecedented, Rob Baker's performance, in winning the event as a solo competitor for the third time, is remarkable as it his fastest time yet (by 2 mins. 42 secs.) and well within the hour. Rob departed from his normal route (i.e. via Medlicott), perhaps influenced by Tim and Andrew, proving that route choice is critical to a sub-60-minute run.

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To complete the sub-60 performances Pete Vale and time trial newcomer Tom Owens ran out of their skins in an attempt to challenge Tim and Andrew and managed to break comfortably the previous best time recorded by a pair. Each of these performances would seem to indicate that the event has matured and will now produce sub-60 minute performances most years.

Building on her previous year's runs, Anna Bartlett teamed up with fellow Welsh International, Richard Roberts, and sliced a considerable margin from the mixed pair's previous fastest recorded time. Also capitalising on several year's rehearsal, Jenny York took the women's solo title. However, Val Swingler will be anxious to avenge her narrow defeat (3 secs.) and has vowed to spend less time "in the bushes" next year!

Time and space prevents me from analysing results in more detail but I hope the prize list below picks out a number of notable or intriguing performances. To everyone else who felt they had no more to give as they crossed the line – well done! This event is intended both to produce exceptional performances and to encourage participation across a wide range of abilities so I hope you will want to have another go next year!

### PRIZES – SUPPORTED BY HIGH SPORTS AND SHROPSHIRE HONEY LTD.:

Once again the generosity of local business High Sports in Shrewsbury has enhanced the prize list. In addition, and continuing in the tradition of supporting local producers, a significant number of the prizes are pots of Shropshire honey from John King of Shropshire Honey Ltd. at Felhampton near Church Stretton. - for details of how to get hold of more supplies Tel: 01694 781544 or Email: [shropshirehoney@hotmail.co.uk](mailto:shropshirehoney@hotmail.co.uk)

Modest prizes have therefore been awarded as follows:

- First three overall solo - Rob Baker, Andy Lister and Ian Hughes
- First three women solo – Jenny York, Val Swingler and Sally Mawhinney
- First over 40 – Andy Davies
- First over 50 – Graham Spencer
- First over 60 - Alan Morris
- First 'more senior woman' – Margaret Priestley
- First pair – Tim & Andrew Davies
- First mixed pair – Anna Bartlett and Richard Roberts
- First female pair – Barbara Ward and Alison Tickner
- Highly creditable performances by young persons – Emma Clarke (9), Angus Lamb (12), Holly Hearle (12), Rachel Parker (16)
- Consistency of performance (a mere 6 seconds faster in 2006 on 2005) – Graham Hardy
- 2<sup>nd</sup> Fraternal pairing – John and Geoff Sproson.

The '**Spirit of the Time Trial**' prize (underwritten by an anonymous donation to "*encourage each end of the age range to try this type of event or to continue to take part as a pair*") is awarded this year to a young person - Greg Hearle as the youngster who has made the greatest year on year improvement in performance -17 mins. A supplementary to this prize has also been awarded to the winner of the on-going middle-aged rivalry between Andy Clough and Lawrie Jones.

**WEATHER:** Mild, some sun and good visibility. **GROUND:** Wet, slippery turf and muddy.

**SOME STATISTICS** (last year's figures in brackets): 160 (146) participants of which 39 (43) women and 121 (103) men. 64 (64) solo competitors of which 8 (9) were women.

Youngest competitor to finish = 9 years old; and the oldest = 73.

Most prolific clubs: Mercia Fell Runners - 38 (27) competitors; Shropshire Shufflers - 14 (14) - Shrewsbury AC: 14 (7).

**THANKS:** A very big thank you to various helpers, many of whom turn out each year: Jill Leventon, Alison Cathcart, Debbie Clough, Colin Roscoe, Tony Callow and others at the Finish; Stuart Cathcart, Andy Clough and Bob Couth at the Start and; the Robsons for the accommodation of their camper van. Again many thanks also to **THE STIPERSTONES INN** - Lara and her staff for unfailing hospitality and to Mick Boulton (**BOULTONS COACHES**) for organising the Finish to Start bus service.

**SUMMARY ACCOUNTS:** Income £333 (£323 entry fees + £10 donation for the 'Spirit of the Time Trial' prize); Prizes £135; Expenses £98 (higher this year to replenish some kit); Donation to 'Youngsters in the Mountains' fund £110.

'**YOUNGSTERS IN THE MOUNTAINS**' is a **HIGH SPORTS** initiative that helps young people expand their horizons and experience in the hills through the award of small grants. This could include assistance for young fell runners, orienteers and adventurers in the hills – call in at the shop (Wyle Cop, Shrewsbury) for more details or see [www.highsports.co.uk](http://www.highsports.co.uk)

**NEXT YEAR:** The 20<sup>th</sup> Time Trial is planned for Sunday 25<sup>th</sup> November 2007 – but check nearer the time.

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